

## **1 About admission applications next year for nursery school and other childcare institutions**

In Japan, there are childcare facilities such as nursery schools and kindergartens where children are admitted before entering elementary school.

Within those institutions, there are several differences in daily schedule, tuition and age group.

Please choose the one that is most appropriate for your household.

The admission applications start in September of the previous year.

In Tochigi City, the application period is between September 2nd to the 30<sup>th</sup> for those who wish to attend such facilities next year.

For smaller childcare facilities, please apply directly at the institutions.

For nursery school, application are being accepted during the application period at the childcare section on the second floor of Tochigi City Hall, citizen life section of the General Branch Office and at each nursery school.

There are visits organized to see each institution so please come participate.

## **2 About the new National Health Insurance ID**

The national health insurance ID currently being used will expire on July 31<sup>st</sup> and will be replaced by a new ID on August 1<sup>st</sup>. The new ID will be sent out by the end of July.

Even for foreigners not working in a company, if your residency period exceeds three months, it is required that you have health insurance.

There is no penalty for not subscribing to health insurance. However, if you become ill or are injured in an accident, you would have to pay a much larger medical bill.

Additionally, there are medical institutions that will refuse service if you are not part of a health insurance plan.

If you decide to apply for health insurance later on to receive treatment, you would be required to pay for the entire total of the insurance premiums from the day you became a resident of Tochigi City.

If you are not properly insured, you may have issues later on so please pay your Health Insurance bills in a timely manner.

For joining or withdrawing from a health insurance plan, please notify within 14 days.

If you switch to a company-based health insurance plan, please return your National Health insurance ID to the health insurance section of the city hall.

### 3 About Heatstroke

Heatstroke is most dangerous at the beginning of summer or rainy season when the body is not yet used to the hot weather.

The heat can be kept in check if proper daily precautions are taken.

To prevent heatstroke, always be mindful of the temperature and humidity level of your environment.

When outdoors, avoid direct sun light by wearing a hat or using a sun-umbrella.

When indoors, you should lower the temperature by using fans and air conditioners on reasonable settings.

At nighttime, you should make your surroundings more suitable to getting good sleep.

Also, drink water regularly even if you don't feel thirsty.

Outside of your home, carry a drink with you so that you can stay hydrated.

Finally, if you are sweating a lot, make sure you are replenishing your bodies minerals.

Please stay informed about heatstroke and let's get through this summer together.

#### 4 About Tochisuke's "Wa-Spots"

Since the Tokyo Olympics and Paralympics will be held next year, Tochisuke will make an appearance at several "Wa-Spots" as a way to promote certain tourist destinations for foreign visitors.

The first appearance will be held on June 26<sup>th</sup> in Kaue Moncho at Abuden Miso for the visitors of the Miso Storehouse.

The second appearance will be held on July 24<sup>th</sup> in Nishikata Machi at Inuma Meijo for the visitors of the sake storehouse

The third will be on August 28<sup>th</sup> at Izuru Sanman Ganji for the visitors of the temple.

The fourth one will be on September 24<sup>th</sup> on the Kura No Machi main avenue for the visitors of the stone-made storehouses.

The time is from 10 o'clock and there will be an explanation in Japanese at each spot.

We are asking all foreign residents of Tochigi City to spread the word through social media.

For those who wish to meet Tochisuke, we encourage you to participate by all means.

## **5 About the Watarase Yusuichi Festival**

On Sunday, July 28<sup>th</sup> from 9:30 am, there will be a festival at Watarase Yusuichi in Fujioka Machi around Lake Yanaka

You can experience several different sports unique to Watarase Yusuichi such as road biking, hot air balloons, sky diving, glider, canoe and boats.

Additionally, there will be other attractions such as gourmet food booths, mini tours lead by the Yusuichi guide club and fish petting. At the stage, there will be performances such as pizza acrobat, street art, dancing and more.

If it's raining or especially windy, the event will be canceled.

Please come out and enjoy the nature!